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 — THEY JUST WATCH A LOT OF TV: SURVEY PAGE 10

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Monday, February 25, 2013



Health inquiry to now focus on university

University of Calgary.

Privately run Helios Wellness Centre accused of moving patients to front of the line for colon-cancer tests

Taking centre stage Monday at a public inquiry is what role, if any, the University of Calgary played in a queue-jumping scandal that occurred on its property and allegedly involved a high-ranking employee.

Dr. Ron Bridges, an asso-

ciate dean in the faculty of medicine, is to testify in Calgary about his involvement with the privately run Helios Wellness Centre.

Clerks and doctors have already testified at the preferential-health-access hearing about a queue-jumping scheme they allege ran from 2008 to 2012.

The inquiry has heard how patients paid \$10,000 each a year to join Helios, a private clinic that dispenses yoga and diet and exercise advice and rents office space from the university. The non-profit group directed \$200,000 or more a year to

the university's faculty of medicine.

It has been alleged by witnesses that Bridges, with help from others, arranged to have Helios patients moved to the front of the line for colon-cancer tests at the Forzani and MacPhail Colon Cancer Screening Centre.

Testimony and patient charts indicate Helios patients were given express service at the screening centre — treated and tested within weeks or, at most, months — while everyone else waited two to three years or longer.

THE CANADIAN PRESS

'More than just a statistic'

Karl Rittwage's daughters want their father to be remembered for his humanity, not just as Edmonton's first homicide victim of 2013 PAGE 3

Brothers both face jail time

Embattled Olympic star Oscar Pistorius' older brother is accused of negligent killing in a woman's 2008 traffic death PAGE 8

This makes the cake

Tomato purée on the side adds zip to rice cakes PAGE 18



She dreamed a dream and 'IT CAME TRUE'

The cult of so-called "Hathahaters" likely cringed Sunday night when Anne Hathaway, accepting an Oscar for best supporting actress, cooed "It came true!" while cradling her award. But Hathaway's full-throated, one-take rendition of I Dreamed a Dream in Les Misérables was classic Oscar-winning stuff. For more coverage of the 85th Academy Awards, see pages 12 & 13. For full results, visit metronews.ca. KEVIN WINTER/GETTY IMAGES



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City's first homicide victim of 2013 was a father of seven

January murder.

'I want people to know that my dad was more than just a statistic,' says daughter

ANNALISE KLINGBEIL

annalise.klingbeil@metronews.ca

Karl Rittwage had seven children — six girls and one boy, whose names all begin with the letter K — and three grandchildren.

He loved to make people laugh and he was constantly crooning country tunes.

"When me and my sister were little girls, he used to sing us to sleep all the time. That's what we remember the most about him," said Rittwage's daughter, Karla Rittwage-Maracle.

The first time Rittwage met his grandson, Aiden, he teared up, held the baby in his lap and sang in his ear.

On a chilly January evening, 50-year-old Rittwage was murdered in Edmonton's Capital Tower apartment building.

His killing was the city's first homicide of 2013.

More than one month after his sudden death, Rittwage's daughters Karla and Katrina continue to grieve as they plan a celebration of life for their father.

"I want people to know that my dad was more than just a statistic," said 26-year-old Rittwage-Maracle from her home in Trenton, Ont.

"He loved a lot and he did struggle with certain things, but he had a heart and he had kids who loved him so much."

When Rittwage-Maracle was 12 her father moved west, looking for work.

Over the next 14 years,

Suspect charged

- On the evening of Jan. 9, 2013, Karl Rittwage was drinking at Milla Pub. He was followed to a friend's home in the Capital Tower apartment building and killed, said his daughter Karla Rittwage-Maracle.

- Police have charged Raymond George Anderson, 41, with second-degree murder in connection with the incident.

Rittwage worked an assortment of jobs, often in Edmonton.

He would come home to Ontario for visits whenever he could and stayed in regular contact, said Rittwage-Maracle, who described her father as a drifter.

Rittwage flew to Ontario two years ago to visit his sick mother and meet Aiden, who is Rittwage-Maracle's son.

"I didn't want him to leave because every time he came ... we'd spend the whole time together. I missed him so much," she said.

It would be the last time Rittwage-Maracle would see her father alive.

On Jan. 10, Rittwage-Maracle's uncle called to tell her that her father had been murdered.

"My sister just broke right down. She just cried and cried.... I didn't want to believe it," Rittwage-Maracle said.

She said her father's death has devastated her tight-knit family, which will remember him as a devoted dad.

"He loved his kids more than anything in the whole world. He was a really good dad."



Karl Wayne Rittwage, inset, was murdered at Capital Tower apartment building in January. METRO FILE

Building 'notorious': Police officer

Capital Tower has troubled past

The apartment building where Karl Rittwage was killed has been a crime scene before.

In 2007 a man died after being stabbed in Capital Tower, and in 2004 a man died in hospital after an incident in the 175-unit building, which is located at 106 Avenue and 100 Street.

Rittwage's brokenhearted daughter Karla Rittwage-Maracle said the building needs to be shut down or

destroyed.

"It makes me sick when I even think of that place," she said.

"It's horrible that my dad had to take his last breath lying on the floor of that place. It's just something that infuriates me."

A police officer at the building the evening Rittwage was murdered told reporters the building was "notorious," a word the investors behind the building feel is too harsh.

"We've tried our best to clean up the building and do what we can," said Farouk Verjee, one of the building's investors.

An investor group consisting of about 10 people from Vancouver, Calgary and Edmonton has owned Capital Tower since 2007, Verjee said.

He noted that neither Rittwage nor the man charged with his murder lived in the building.

Since purchasing Capital Tower, the investor group has spent money trying to improve it, including, at one point, \$10,000 a month on round-the-clock security after undesirable tenants were vacated.

"Today we have a 40-unit vacancy because we got rid of the bad people," Verjee said.

ANNALISE KLINGBEIL/METRO

1 NEWS

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One man was killed and two others were badly injured after an explosion that ripped through this house in Fort Saskatchewan last week. People in the city are now planning to set up a trust account to help the families of the workers. METRO FILE

Fort Sask. rallies around victims of house explosion

1 dead, 2 injured.
Trust account planned to help family

RYAN TUMILTY
ryan.tumilty@metronews.ca

The city of Fort Saskatchewan is rallying around the victims of last Thursday's house explosion that claimed one life and left two people seriously injured.

Jason Michalycia died Friday and his cousins Wes and Wilfred Michalycia were critically injured after the explosion that levelled a home under construction in Fort Saskatchewan.

All three men were working on the home when it exploded. Witnesses told Metro that one man appeared to be badly burned in the explosion, which fire officials say was caused by a gas leak.

The city's mayor, Gale Katchur, said she and other

community members hope to have a trust fund established in the days ahead that would help the family through a very difficult time.

"What we are telling people right now is just to stay tuned. Hopefully Monday we will have the bank confirmed where people can make donations," she said.

Katchur said there will be a long road to recovery for the survivors and people in the community want to show their support.

"The individuals who were injured, including the gentleman who passed, their families are going to need a lot of support in the next months and even years ahead," she said.

Katchur said with unexpected expenses like funeral costs and rehabilitation costs, the community just wants to help.

"We are a very compassionate community and when somebody is suffering in our community, I think we are all suffering," she said.

Spruce Grove explosion

Duplex destroyed

An explosion ripped apart an under-construction home in Spruce Grove Saturday night.

Emergency crews responded around 9 p.m. to the home on Greenbury Crescent, according to a release from the Spruce Grove RCMP.

Two men had been working inside at the time, but were able to flee the home unharmed. They had been doing some tiling work in the home and indicated they'd smelled a "gas-like" substance, according to RCMP. Emergency crews evacuated one block around the destroyed home, but later allowed people to return to their homes.

2013 BMW X3 xDrive 35i shown.



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European models shown. Selling price of a new 2013 BMW 328i xDrive Sedan Classic LineX3 xDrive28i starts at \$40,602/\$45,062, which includes MSRP (\$39,990/\$42,450), freight/PDI (\$2,095), A/C surcharge (\$100), AMVIC Fee (\$6.25), tire levy (\$16), and administration fees (up to \$395). LESS option credit on the 2013 BMW 328i xDrive Sedan Classic Line (\$2,000). *Lease offer of 3.9%/1.9% for 48 months available only through BMW Financial Services Canadian approved credit (OAC). Lease example based on selling price of a new 2013 BMW 328i xDrive Sedan Classic LineX3 xDrive28i base model: \$40,602/\$45,062 for 48 months at 3.9%/1.9% APR. Monthly payment is \$398/\$498 with \$4,488/\$3,488 down payment or equivalent trade. First month's lease payment, security deposit of approximately one month's payment, freight/PDI (\$2,095), A/C surcharge (\$100), PPSA registration fee (\$22.76), AMVIC Fee (\$6.25), tire levy (\$16), and administration fees (\$395) are due at lease inception. GST and licence fee are extra. The residual value of the vehicle at end of term is \$20,359/\$19,952. Annual kilometres limited to 16,000; \$0.15 per excess kilometre. Excess wear-and-tear charges may apply. **Finance offer of 1.9% APR for up to 48 months for a new 2013 BMW X3 xDrive28i available only through BMW Financial Services Canada on approved credit (OAC). Finance example on a base model 2013 BMW X3 xDrive28i: \$40,000 financed at 1.9% APR for 48 months with \$5,000 down payment equals a monthly payment of \$758. Cost of borrowing is \$1,384. Freight/PDI (\$2,095), options, licence, registration, and applicable taxes, are extra and due on signing.†No-Charge Option Credit of \$2,000 applies to lease, finance, and cash purchase transactions on select new 2013 BMW 3 Series models. Credit offer is not redeemable for cash. Retailers are free to set individual prices and charge administration fees, which may change the APR or the price of the vehicle. Offer expires February 28, 2013. Delivery must be taken by February 28, 2013. Offer requires Retailer participation. Offer is subject to availability and may be cancelled or changed without notice. Certain conditions apply. See your local BMW Retailer or bmw.ca for full details. †† New 2013 BMW vehicles purchased from an authorized BMW Retailer in Canada are covered by a No-Charge Scheduled Maintenance plan for four years or 80,000 km, whichever comes first. Certain limitations apply. Contact your BMW Retailer for details. ©2013 BMW Canada Inc. "BMW", the BMW logo, BMW model designations and all other BMW related marks, images and symbols are the exclusive properties and/or trademarks of BMW AG, used under licence.

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A Berlusconi comeback?

Italian election.
Billionaire media mogul tries for return to power in vote that began Sunday

Italians are voting in a watershed parliamentary election Sunday and Monday that could shape the future of one of Europe's biggest economies.

When Silvio Berlusconi, the billionaire media mogul seeking an unlikely political comeback, showed up at a Milan polling place to cast his ballot, three women pulled off their sweaters to bare their breasts and display the slogan "Basta Silvio!" (Enough of Silvio) scrawled on their flesh. A cordon of police, already in place for security before the former premier's arrival, blocked Berlusconi's direct

view of the women.

Police detained the women for questioning. Italian news reports said the three were members of the Femen protest group. On his way out of the polling station, Berlusconi made no direct comment on the protesters.

When Berlusconi stepped down in 2011, newspapers were writing his political obituary. At 76, he was blamed for mismanaging

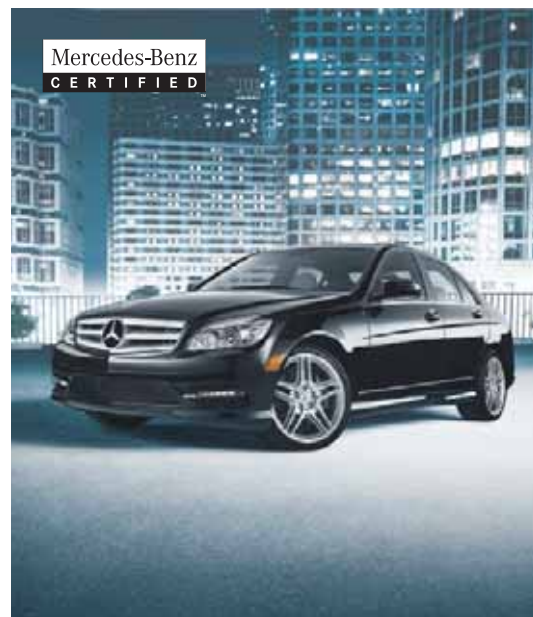
the economy and disgraced by criminal allegations of sex with an underage prostitute.

But Berlusconi has proven that he should never be counted out. During his campaign he has promised to give back an unpopular property tax. Even his purchase of star player Mario Balotelli for his AC Milan soccer team was seen as a ploy for votes.

THE ASSOCIATED PRESS



Police take away a woman protesting where former Italian prime minister Silvio Berlusconi was voting in Milan, Sunday. THE ASSOCIATED PRESS



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© 2013 Mercedes-Benz Canada Inc. 2010 GLK 350 model shown, stock # P10-9947 \$29,999. *0.9% financing only available through Mercedes-Benz Financial Services on approved credit for a limited time. Available for 24 month finance on model year 2008-2012 Certified Mercedes-Benz (less than 140,000 km) and MY 2008-2012 Certified smart (less than 100,000km). Finance example based on a 2008 model: \$20,000 at 0.9% per annum equals \$841.17 per month for 24 months. Cost of borrowing is \$188 for a total obligation of \$20,188. Down payment may be required. Licence, insurance, taxes and PPSA are extra. Additional provincial-specific fees, taxes and charges may be extra. Dealer may lease or finance for less. Offer may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offers end February 28th, 2013.

Cuba. Raul Castro to step down in 2018, taps rising star as his successor

Raul Castro announced Sunday that he will step down as Cuba's president in 2018 following a final five-year term, for the first time putting a date on the end of the Castro era.

Rising star Miguel Diaz-Canel is to be his top lieutenant and first in the line of succession.

The 81-year-old Castro also said he hopes to establish two-term limits and age caps for political offices including the presidency — an astonishing prospect for a nation led by Castro or his older

brother Fidel since the 1959 revolution.

The 52-year-old Diaz-Canel is now a heartbeat from the presidency and has risen higher than any other Cuban official who didn't directly participate in the heady days of the revolution. "This will be my last term," the president said, his voice firm.

Castro hinted at other changes, some so dramatic that they will have to be ratified by the people. Still, he scrapped any idea that the country would soon abandon socialism. THE ASSOCIATED PRESS



Fidel Castro, left, and his brother Raul, Sunday. THE ASSOCIATED PRESS

Afghanistan

U.S. special forces ordered to leave Wardak province

Afghanistan's president on Sunday ordered all U.S. special forces to leave a strategically important eastern province within two weeks.

The order came because of allegations that Afghans working with them are torturing and abusing other Afghans.

The decision seems to have caught the coalition and U.S. Forces Afghanistan, a separate command, by surprise. Americans have frequently drawn anger from locals.

THE ASSOCIATED PRESS

Greece

Daring helicopter escape attempt foiled by guards

Greek prison guards have foiled an escape attempt by helicopter involving at least four inmates.

Authorities have identified only one of the prospective escapees, Panagiotis Vlastos, a convicted murderer and racketeer serving a life term. They say at least three other prisoners, all Albanian nationals, were also involved. The chopper was forced to land and its occupants were arrested. Vlastos was shot in the leg by guards.

THE ASSOCIATED PRESS

Feds dispute dismal global freedom of information ranking

Canada dropped to 55th out of 93 countries. Harper government fights back, saying it has a solid record for openness



Canada's information commissioner, Suzanne Legault, holds a press conference in Ottawa in 2012.

SEAN KILPATRICK/THE CANADIAN PRESS FILE

tember 2011 was 40th of 89 countries, fell to 51st in June last year, then to 55th of 93 countries last September, behind Mongolia and Colombia.

"While standards around the world have advanced, Canada's access laws have stagnated and sometimes even regressed," the centre concluded, noting Canada was a world leader in 1983 when its federal information law came into force.

The research won praise from Canada's information commissioner, Suzanne Legault, who said "the analysis that this group has done is going to be a really useful tool" in her own investigation into freedom-of-information issues.

But an internal memo last summer to Treasury Board president Tony Clement cites the report's "weaknesses," saying the methodology "does not allow for an accurate comparison of the openness of a society and of its government."

THE CANADIAN PRESS

regard to so-called right-to-know legislation.

The Centre for Law and Democracy used a 61-point tool to measure Canada's legislation against that of other countries, in co-operation with Madrid-based Access Info Europe.

Canada's standing in Sep-

Reform recommended

Lengthy extensions are an issue

A memo from Michelle d'Auray, then secretary of the Treasury Board that oversees the access-to-information system, criticizes the report and was among a group of records requested from the Treasury Board last September by The Canadian Press under the Access to Information Act.

The law requires a response within 30 days, but the agency gave itself a 120-day extension — four additional months — so it could consult with the Privy Council Office, Prime Minister Stephen Harper's own department.

The report card from the Centre for Law and Democracy found that such unilateral, lengthy extensions are invoked too often by federal departments, calling them a "classical way of effectively denying requests."

"Public authorities should be limited to one extension of no more than 30 days, applicable only in appropriate cases," the centre said in a key recommendation for reform.

'Time of sorrow.' Families, friends grieve five lost Nova Scotia fishermen

Hundreds of people gathered in churches in southwestern Nova Scotia on Sunday as friends and religious leaders urged their communities to offer support to the families grieving the loss of five young fishermen.

"This is a time of sorrow," said Sandy Stoddard, a veteran fisherman who was among the last to have radio contact with the captain of the Miss Ally, 21-year-old Katlin Nickerson.

"I've lost a piece of me," he said as he spoke tenderly to crying relatives in Calvary United Baptist Church in Woods Har-

bour, where about 500 people filled the pews.

Pastor Phil Williams urged the residents of the fishing village to continue supporting one another after a week filled with dashed hopes and criticism of the rescue and recovery efforts for the overturned hull of the boat.

The vessel's emergency beacon was detected by search-and-rescue officials last Sunday, as a storm with hurricane-force winds created massive waves over a 100 kilometres southeast of Liverpool. THE CANADIAN PRESS

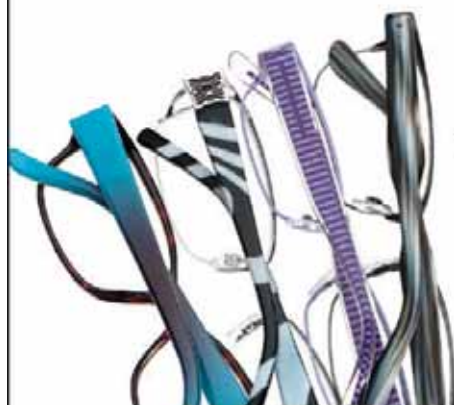


A memorial for five missing fishermen sits in the Calvary United Baptist Church in Woods Harbour, N.S., on Sunday. DEVAAN INGRAHAM/THE CANADIAN PRESS

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Brother of Oscar Pistorius also charged in death of a woman

Accused of negligent killing. Carl Pistorius had charges dropped, then reinstated in lethal traffic accident

The murder case involving Olympic star Oscar Pistorius took another unexpected turn Sunday with the news that his older brother, Carl, is himself facing charges for the death of a woman in a traffic accident.

Carl Pistorius faces a charge of unlawful, negligent killing for a 2008 road death, "in which a woman motorcyclist sadly lost her life," Kenneth Oldwage, the Pistorius family lawyer, said on Sunday. The accident happened in Vanderbijlpark, south of Johannesburg. The charge of "culpable homicide" was dropped and then reinstated and will be challenged in court, the lawyer told The Associated Press.

To drop and then reinstate charges is "not uncommon in South African criminal law.

The law specifically makes provision to allow charges to be dropped and then to be reinstated as a result of further investigations," said Jacob van Garderen, director of Lawyers for Human Rights. "It is a practical procedure, a process that is there to assist both sides."

This past weekend, model Reeva Steenkamp, who was shot to death by Oscar Pistorius on Valentine's Day, was on television again in a new episode of the reality show *Tropika Island of Treasure 5*, even though she was buried last Tuesday.

On Monday, Oscar Pistorius must report to the police station in Brooklyn, a suburb of the capital Pretoria, and sign in, a twice-weekly procedure that is part of his bail conditions.

Pistorius was released on bail Friday and stayed at the home of his uncle Arnold in Waterkloof. His brother Carl came to visit the house Sunday.

Oldwage said that "Carl deeply regrets the accident"

Investigator also charged

It is the second time someone associated with the case has been found to face a charge that had been dropped and reinstated.

- The chief police investigator faces charges of seven counts of attempted murder for allegedly shooting at a vehicle with seven passengers.
- Hilton Botha was removed from the Pistorius investigation following the revelations, and a new chief detective was appointed on Thursday.

and that a blood test showed he was not drunk at the time.

Oscar Pistorius was charged with premeditated murder, but the athlete says he killed his girlfriend accidentally, opening fire after mistaking her for an intruder in his home. **THE ASSOCIATED PRESS**



Brother Carl Pistorius, right, and father Henke attend Oscar's bail hearing Tuesday. THEMBA HADEBE/THE ASSOCIATED PRESS FILE

Syrian rebels aim tanks at strategic police academy

Rebels backed by captured tanks launched a fresh offensive on a government complex housing a police academy near the northern city of Aleppo on Sunday, while the government hit back with airstrikes to try to protect the key installation, activists said.

If rebels capture the complex, it would mark another setback for President Bashar Assad. In recent weeks, his regime has lost control of key infrastructure in the northeast, including a hydroelectric dam, a major oil field and two army bases along the

road linking Aleppo with the airport to its east.

Rebels have also been hitting the heart of Damascus with occasional mortar shells or bombings, posing a stiff challenge to the regime in its seat of power.

On Saturday, opposition fighters in the eastern province of Deir el-Zour overran a military post believed to have once been the site of a partly built nuclear reactor, which Israeli warplanes bombed in 2007.

It was not clear what the site was being used for most recently. **THE ASSOCIATED PRESS**

Comic casualty

Also on Sunday, prominent Syrian comedian Yassin Bakoush was killed in Damascus.

- **Cause.** State news and anti-regime sources disagree on whose explosives were responsible for his death.
- **Role.** Bakoush, 75, was known for playing characters that were likeable but naive and dim-witted.

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Nine-nation trip

John Kerry on tour for Syria solution

U.S. Secretary of State John Kerry embarked Sunday on his first official overseas voyage in a mission for new ideas on the Syrian crisis.

Kerry left Washington to start a gruelling nine-nation, 10-day trip to Europe and the Middle East. In addition to Syria, he will focus on conflicts in Mali and Afghanistan and Iran's nuclear program. **THE ASSOCIATED PRESS**

Holy See ya later

Pope gives final Sunday blessing

Pope Benedict XVI bestowed the final Sunday blessing of his pontificate on a cheering crowd in St. Peter's Square.

"But this doesn't mean abandoning the church," he said, referring to his Thursday departure for a quiet, monastic life. "Prayer is not isolating oneself from the world and its contradictions." **THE ASSOCIATED PRESS**

Scotland

Cardinal under investigation

The Vatican is looking into allegations of "inappropriate behaviour" by Cardinal Keith O'Brien, Britain's most senior Catholic cleric, officials said Sunday. The claims come at a sensitive time, as cardinals prepare to choose the next pope.

British newspaper the Observer reported that three priests and a former priest made the allegations. **THE ASSOCIATED PRESS**

Suspect named in Vegas Strip shooting

Three dead. As police work around the clock to find shooter, officials worry spate of violence will keep tourists away

A 26-year-old man was being sought Sunday as the prime suspect in a pre-dawn shooting on the Las Vegas Strip last week, which led to a fiery crash

that left three people dead and several others injured.

Las Vegas police Capt. Chris Jones said Sunday that investigators are working around the clock to sort through evidence and find Ammar Harris. The search followed the discovery Saturday of a black SUV used as a getaway car in the shooting and six-vehicle carnage on the neon-lit boulevard near the Bellagio, Caesars Palace, Bally's and Flamingo resorts.

Jones cited "lots of informa-

tion coming at us all at once, especially on the Range Rover." He did not elaborate.

An aspiring rapper driving a Maserati was shot to death Thursday, and two people in a taxi died in a crash and fireball when the Maserati hit their vehicle.

It was the latest in a series of high-profile episodes of random violence in close proximity to the throngs of tourists. The episodes have threatened Las Vegas' reputation as a town

Quoted

"We are concerned because it can create misperceptions about the safety of the city, the safety of the strip."

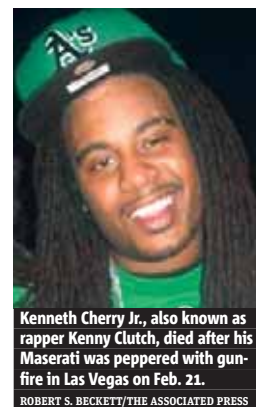
Gary Thompson, spokesman for Caesars Entertainment

where people can cut loose without consequences.

Though crime has fallen on the glitzy stretch of Las Vegas Boulevard that houses most of the city's major casinos, tourism officials worry that vacationers and convention planners could begin to steer clear of the town entirely.

The spate of violence started just before the new year, when a man shot and killed his ex-girlfriend, an Excalibur hotel-casino concierge clerk, before killing himself.

THE ASSOCIATED PRESS



Kenneth Cherry Jr., also known as rapper Kenny Clutch, died after his Maserati was peppered with gunfire in Las Vegas on Feb. 21.

ROBERT S. BECKETT/THE ASSOCIATED PRESS



The body of a man identified as a Belgian citizen lies on the ground next to his car after he was shot dead by unknown assailants while leaving a supermarket in Acapulco, Mexico, on Saturday. BERNARDINO HERNANDEZ/THE ASSOCIATED PRESS

Acapulco. Man killed in resort city was Belgian national, officials say

Local prosecutors in Mexico say a Belgian citizen killed in the coastal resort of Acapulco was a resident businessman working for a transnational firm.

The Guerrero state district attorney's office on Sunday identified the man as 59-year-old Jan Sarens. He was an executive with the Belgian firm Sarens, which supplies heavy transportation equipment for construction, mining and energy. It has offices in 50 countries, including Mexico.

Celia Gomez, an attorney for the firm's Mexico office, said it had not identified the body. Gomez said the company had a board member named Jans Sarens who lived in Mexico.

The man was shot to death Saturday afternoon in a shop-

Earlier incidents

- Saturday's killing was the second attack involving foreigners in Acapulco in less than three weeks. On Feb. 4, a band of masked gunmen invaded a beach-front home and raped six visiting Spanish women.
- Violence and crime have worsened in Acapulco in recent years, with drug gangs getting most of the blame.

ping centre parking lot near Mexican Tennis Open headquarters. His body was found outside his Mercedes Benz, which had Mexico City plates.

THE ASSOCIATED PRESS

Lima, Peru

Photojournalist for Peruvian daily shot outside home

A photographer for Peru's leading daily, El Comercio, has been shot to death outside his home.

Police say 39-year-old Luis Choy died from shots to the head and thorax in the Saturday afternoon attack a few blocks from a police station. Police say they don't have a motive in the slaying.

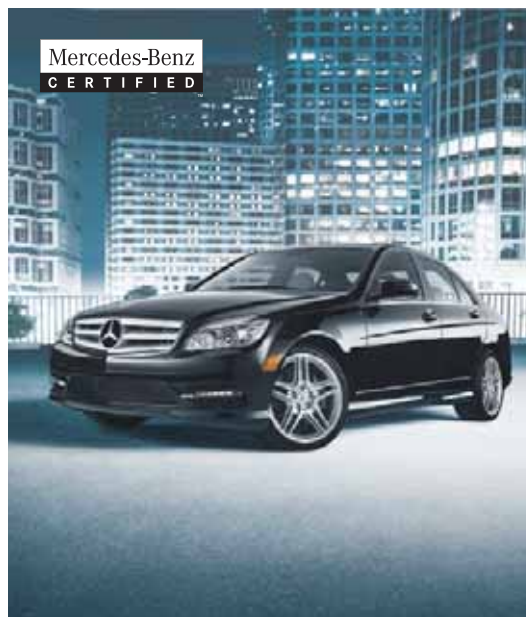
THE ASSOCIATED PRESS

Kingston, Jamaica

Gunmen kill retired police commander

Police in Jamaica say one of the force's former deputy superintendents has been killed by gunmen.

Denzil Boyd was shot dead outside his home Sunday morning after returning home from church. Witnesses say the 63-year-old retired police commander was talking with two men when shots rang out. THE ASSOCIATED PRESS



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Report. Netflix and TV like a horse and carriage

Canadian Netflix users stream an average of about an hour a day, watch another half hour's worth of content online, and catch another hour and a half of broadcast TV, suggests a study.

Most Netflix customers are not "cord cutters" — a term to describe consumers who have cancelled their cable or satellite plan in favour of other content options — according to the report by the Media Technology Monitor, based on surveys with thousands of Canadians.

In fact, Netflix users were found to be more likely than other consumers to shell out for a premium TV package, even while paying \$8 a month for the streaming service.

While 31 per cent of anglophone consumers said they pay extra for a premium TV package, the figure was 36 per cent among Netflix subscribers.

MTM estimated that about one in five anglophones were subscribing to Netflix in the fall and users watched an average of 6.4 hours on Netflix a week.

Subscribers appeared to be watching less TV on cable and satellite, tuning in for about 11.3 hours per week compared to the 14.9 hours that non-users watched. But when adding their Netflix streams and content viewed online, they watched an average of more than 22 hours a week, well above the almost 16 hours for non-Netflix users.

THE CANADIAN PRESS



Netflix Canada is growing in popularity. PHOTO ILLUSTRATION BY GETTY IMAGES



Case of the missing mural

A new stencilled rat holding a sign that reads "Why?" appears on the side of a shop beside where the old Banksy artwork was removed in London, England. The original artwork — Slave Labour — vanished earlier this month. It appeared on the website of a Miami auction house, due to be sold Saturday with an estimated price of \$500,000 to \$700,000. But the BBC reported that the auction house confirmed the piece had been withdrawn from sale. JORDAN MANSFIELD/GETTY IMAGES

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STRADDLE BUS IS THINKING WAY OUTSIDE THE BOX



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

I'm not a fan of the expression "thinking outside the box." It is often used by people who have no idea what kind of box they are talking about. And if you can't identify the box in which

you are currently thinking, you are going to have one heck of a time trying to think outside it.

Many of the initiatives, projects and plans undertaken by the City of Edmonton often indicate that those who allegedly plan and improve our city are trapped in the box of early-to-mid-20th-century thinking. Our approach to the LRT is but one example.

Bases left uncovered

Did anyone ever ask if there was a cheaper, less disruptive and faster method of moving people around the city? If there was such a discussion, I must have missed it.

What options besides routes were considered for an expanded LRT? Whether it should be built above or below ground seemed to be a foregone conclusion. Of course it would have to be built above ground; going underground would be far too expensive. The traffic mess that has been created at 114th Street was apparently no deterrent.

But did anyone ever ask if there was a cheaper, less disruptive and faster method of moving people around the city? If there was such a discussion, I must have missed it.

That discussion would really have required some original thinking, rather than following the same path as most other cities in the world with a rapid transit system.

So if we had done that, what might we have come up with other than the tired old approach we are taking? Well, we might have come up with the straddle bus.

The straddle bus will be able hold up to 1,200 people. Skylights will bathe the interior in natural light. It will run partly on solar and partly on municipal power. It can be powered from above or by rails.

But the real kicker is that it can straddle two lanes on the roadway and cars can run underneath it. They can be built faster and cheaper than a subway or LRT and have a number of ecological benefits. Right now there is a pilot project in the works in Beijing, which is of little surprise, since it has some of the worst traffic jams in the world.

Search YouTube for straddle bus and be prepared to be blown away by what you see and hear.

The straddle bus is definitely an example of thinking outside the box.

Extending the length of LRT stations so that they can accommodate non-existent cars is not.

Health risk

Ottawa calls for tanning beds to carry skin-cancer warning labels

It's not yet moving to the sometimes-hideous pictorial warning labels seen on cigarette packaging, but Ottawa wants to get the message across that tanning beds can be hazardous to your health.

Health Minister Leona Aglukkaq says Health Canada will soon require that all tanning beds carry warnings about skin cancer and other potential dangers.

The proposed changes come after several provinces moved to prevent the use of tanning beds by young

people.

Earlier this month, legislation took effect that would ban those under 18 from using tanning beds in Quebec.

Using indoor tanning equipment before age 35 significantly increases the risk of developing melanoma skin cancer, according to research by the International Agency for Research on Cancer.

Canada's proposed tanning-bed labels don't forbid their use but instead warn the devices are "not recommended for use by those under 18 years of age."

The labels would also read Tanning Equipment Can Cause Cancer and carry a list of other health risks associated with tanning.

THE CANADIAN PRESS

Final finish line for centenarian



KIN CHEUNG/THE ASSOCIATED PRESS

Setting the pace

Oldest marathon runner retires

The world's oldest marathon runner ran his last race on Sunday at the age of 101.

Fauja Singh finished the Hong Kong marathon's 10-kilometre race in a time of one hour, 32 minutes and 28 seconds.

The Indian-born runner, nicknamed the Turbaned Torpedo, had said that he would hang up his sneakers after the race in the southern Chinese city, just before his 102nd birthday. THE ASSOCIATED PRESS

Rising from the ashes



"From a tragedy has come a lot of success and happiness."

Fauja Singh, world's oldest marathon runner. Singh explained that he took up running as a way to get over

depression after his wife and son died in quick succession in India. His son's 1994 death took a particularly hard toll on Singh because of its grisly nature. Singh and his son, Kuldeep, both farmers, were checking on their fields in the middle of a storm when a piece of corrugated metal blown by the wind decapitated Kuldeep in front of his father's eyes.

Record denied

- Singh, a great-grandfather, became the oldest man to run a full marathon in Toronto in 2011, at the age of 100. But his record was not recognized by Guinness World Records because he doesn't have a birth certificate to prove his age. Singh has a British passport that shows his date of birth as April 1, 1911, while a letter from Indian government officials states that birth records were not kept in 1911.

Long-distance trek

Starting to run was no sweat

Singh went to live with his youngest son in London, England, after his other son died. That's where Singh attended tournaments organized by the Sikh community and took part in sprints.

He met some Sikh marathon runners who encouraged him to take up long-distance running. One day he saw a marathon on television for the first time and decided that's what he wanted to do. THE ASSOCIATED PRESS



Twitter

@KoryLowden: • • • • • Can't help but feel that spring is close by when I start seeing blue jays in the yard and around the house #yeg

@elockR: • • • • • I look like a drunk driver out there trying to avoid all the potholes #yeg

@BillRepka: • • • • • Honest officer - I haven't been drinking; just swerving around

#yeg potholes!

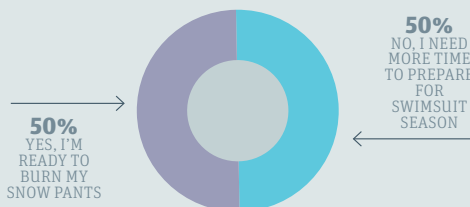
@sammy_adams13: • • • • • starwars identities at the space and science center with my pops #yeg ready to nerd it out :) #undercovernerd

@BigMontBowski: • • • • • Well, this just will not do. I need the City of #Yeg over here stat to ice scrape my street so that I can roller blade.



Register at metropolitanpanel.ca and take the quick poll

Are you counting down the days till spring?





The cast of *Argo* accepts the best picture award at the 85th Academy Awards in L.A. on Sunday. ALL PHOTOS GETTY IMAGES

A mixed bag at the Oscars

Hollywood's highest honour. Metro looks at the highlights of the 85th Academy Awards



NED EHRBAR
Metro World News in Hollywood

It was Ben Affleck's night as his film, *Argo*, earned the top prize at the 85th Academy Awards. Despite Affleck being shut out of the best director race, his CIA-meets-Hollywood drama snagged the top prize of best picture in a night of scatter-shot awards distribution. *Argo* also earned Oscars for best adapted screenplay and for best editing.

Outside of the best picture race, there was no movie that had a clean sweep. Ang Lee's *Life of Pi* came closest, earning four awards — the most of any film this year — including best director for Lee, while *Les Misérables* scored three. Jennifer Lawrence earned the only award for *Silver Linings Playbook*, winning her first Oscar for best actress.

Daniel Day-Lewis also made movie history by becoming the first actor to win three best actor trophies after



Jennifer Lawrence

his win for *Lincoln*.

As expected, Michael Haneke's *Amour* won for best foreign language film and Anne Hathaway earned a trophy for best supporting actress for her role in *Les Misérables* as the tragic Fantine.

"I look up to you all so much, and it's just been such an honour," Hathaway said, paying tribute to fellow nominees Sally Field, Amy Adams, Jacki Weaver and Helen Hunt.

And Adele easily took the best song category for *Skyfall*, breaking down in tears in the middle of her speech and let-



Daniel Day-Lewis

ting co-writer Paul Epworth finish up.

In a rare Oscars tie, the award for best sound editing was shared by *Zero Dark Thirty* and *Skyfall*. For history buffs, the last time there was a tie for an Oscar was in 1968, when Barbra Streisand shared the award for best actress with Katharine Hepburn.

Awards aside, the ceremony itself was something of a mixed bag, led by Family Guy creator and best song nominee Seth MacFarlane, known for both his love of old-school crooning and envelope-pushing humour.

MacFarlane opened the show by doing the seemingly impossible: making usually dour Tommy Lee Jones smile and laugh. He also poked fun at other nominees: "If you bumped into Don Cheadle on the studio lot, did you try to free him?" he asked nominee Day-Lewis. "How far did your method go?"

His monologue was interrupted by William Shatner on screen chastising him for doing a poor job, including singing a song about Oscar-nominated actresses going topless called *We Saw Your Boobs*.

Looking ahead

Even before the Oscars had been handed out, some were already looking toward next year's contenders.

- According to Deadline, deals are reportedly in the works for perennial awards season heavyweight the Weinstein Company to acquire Grace of Monaco, starring Nicole Kidman as Grace Kelly, and *Mandela: Long Walk to Freedom*, starring Idris Elba as Nelson Mandela.



But it was rough sailing from there, including awkward bits by Paul Rudd and Melissa McCarthy and the cast of the *Avengers*. The choice to use the theme from *Jaws* to play off winners when they go long was also particularly odd.

One of the highlights of the ceremony was a rendition of *Goldfinger* by Dame Shirley Bassey during a tribute to the Bond franchise, even if it did seem too brief. And Catherine Zeta-Jones wowed the audience with *All That Jazz* from Chicago during a tribute to movie musicals.

Metro's Dorothy Robinson and The Kit's Nadine Anglin give us their take on the best and worst of the red carpet of all red carpets at the 85th Academy Awards in L.A. on Sunday



1 Jennifer Lawrence

First glance. Jennifer Lawrence's gown looks like it was made from curtains, von Trapp style, but with a fab tailor.

DOROTHY ROBINSON



2 Jessica Chastain

Va-va-va-voom! This is the way to do sexy at the Academy Awards. The nude, jewel-encrusted dress hugs every curve.

NADINE ANGLIN

3 Bradley Cooper

A classic tuxedo for a classic leading-man type. But really, Bradley could wear a paper bag and look dashing.

NADINE ANGLIN

On the web

For more Oscar fashion coverage, visit TheKit.ca



Red carpet hits ... and misses



4 Anne Hathaway

Um. Did I just see Anne Hathaway's nipple? Did you? Help. Someone help me. Did I just see that? Guys. Someone get Anne Hathaway's stylist on the phone STAT.

DOROTHY ROBINSON



5 Kerry Washington

The jewelled bodice is dazzling and the red colour was the perfect complement. Kerry is a hip glamour girl and a style icon on the rise.

NADINE ANGLIN

6 Channing Tatum

Channing Tatum's tux looks like my prom date's rental. From 1997.

DOROTHY ROBINSON

Oscar tweets

@TheAcademy

Everybody's a winner at the #Oscars tonight. Except, of course, for the people that lose.

@ericasara

Seeing tweets criticizing women's bodies on red carpet, esp from magazines representing health industry = extremely disappointing #FAIL

@AustenGilliland

Oscars, shmoscars, make some soup!

@Sid_Seixeiro

Dear Wife: You watched the entire Super Bowl. I will now sit through three hours of Red Carpet on E! We're even. Signed, Me.

@SarahInMI

My red carpet look? Oh, that'd be Old Navy flannel pajamas from their Fall 2011 collection.

@OwenBenjamin

It's funny watching fashion people pretend every tux doesn't look exactly the same.

The Word

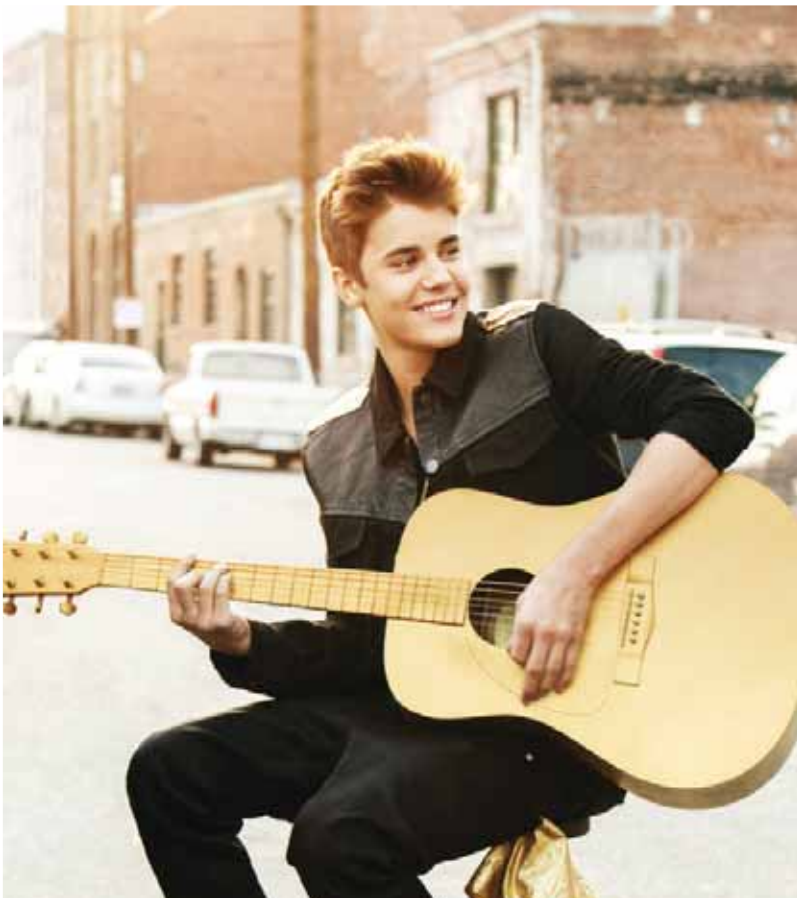
Oscar swag



THE WORD
Dorothy Robinson
scene@metronews.ca

It may be an honour just to be nominated for an Academy Award, but it's also lucrative. Just check out the gift bag all nominees receive, cultivated by Distinctive Assets:

- A trip to Australia worth \$12,000
- A one-week, all-inclusive trip to a fitness retreat worth \$4,100
- A three-night stay at the St. Regis in Punta Mita, Mexico, worth \$3,000
- A \$20 box of Naked Condoms
- A \$40 electronic cigarette
- A \$795 water filtration system
- \$60 worth of gluten-free macaroons
- \$406 worth of anti-aging hand lotion
- \$530 worth of Sedu hair-styling tools
- \$250 worth of Diet Pepsi
- A Samsung WB150F Wi-Fi-powered camera
- And a \$20 book, Take 2: Your Guide to Happy Endings and New Beginnings, by Leeza Gibbons. Because that's exactly what struggling actress Jessica Chastain needs — a self-help book by the former host of Entertainment Tonight.



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1. Take a photo of yourself with the "I Believe in Love" ad which appeared on February 14th 2013 in a place you'd like to take Justin on a date. (If you missed the ad you can print it out at www.clubmetro.com/bieber)
2. Upload your photos by visiting www.clubmetro.com/Justin
3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!

PIZZA 73

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Twilight picked for worst picture, worst actress and worst director, among others. HANDOUT

I'd like to thank my lack of emotions: Stewart gets a Razzie

Razzies. Awards handed out the night before Oscars for Hollywood's worst movies

The Twilight team finally has earned some love — or loathing — from Team Razzies.

The Twilight Saga: Breaking Dawn — Part 2 was picked as last year's worst picture Saturday by the Razzies, an Academy Awards spoof that hands out prizes for Hollywood's loudest movies on the eve of the Oscars.

The finale to the blockbuster supernatural romance dominated the Razzies with seven awards, including worst actress for Kristen Stewart, supporting actor for Taylor Lautner, director for Bill Condon and worst screen couple for Lautner and child co-star Mackenzie Foy.

Adam Sandler was named worst actor for the raunchy comedy That's My Boy, his second-straight win after 2011's Jack and Jill, which swept all 10 Razzie categories a year ago. Pop singer Rihanna won worst supporting actress for the action dud Battleship.

Twilight movies had been

well represented in Razzie nominations over the years but had not won any key awards there. Razzie voters joke that as with The Lord of the Rings finale winning best picture at the Academy Awards, they were waiting for the last Twilight flick on which to heap their scorn.

"I have a pet theory, which is that the box office on Twilight films is very impressive, but my theory is that instead of 40 million individual girls going to see it, it's eight million girls going to see it five times each. People who love those movies just adore them," said Razzies founder John Wilson. "I believe the attitude of people who really love Twilight movies toward this subject is very similar to the pomposity with which the Academy Awards addresses the whole rest of the world. Our whole existence is all about making fun of pomposity, so Twilight really is right up our alley."

The Twilight finale also won for worst screen ensemble and worst remake, rip-off or sequel. For worst picture, it beat out Battleship, That's My Boy, the family flick The Oogieloves in the Big Balloon Adventure and

Eddie Murphy's comedy flop A Thousand Words.

Stewart's worst-actress prize came for both Twilight and her fairy-tale update Snow White and the Huntsman.

In the five Twilight movies, Stewart stars as sullen teen Bella Swan, who falls for ageless vampire hunk Edward Cullen (worst-actor nominee Robert Pattinson) and finds herself at the centre of a love triangle with him and her childhood pal, werewolf stud Jacob Black (Lautner).

Stewart set a consistent standard of emotional stoniness throughout the Twilight movies, Wilson said.

"Acting should involve having an expression on your face, and she is blank, other than the morose kind of half-Goth thing her character does," Wilson said. "I didn't realize Snow White and Bella were soul sisters, because of the very limited range of what she can do. I think it was Dorothy Parker who said about Katharine Hepburn that she runs the 'gamut of emotions from A to B.' Kristen Stewart is so expressionless she might as well be a brick wall."

THE ASSOCIATED PRESS

That's My Boy

Sandler's That's My Boy, which also won the worst-screenplay Razzie, flopped at the box office and continues a gradual decline in receipts for the comic actor's movies. "He's an enormous star who is on what I call the 'down-alator' of his career," Wilson said. "He's about to step off the same cliff Eddie Murphy stepped off about 10 years ago. Eddie Murphy has never come back, and Murphy is more talented."



Letting the Devil in

Hell's Bell. Ashley Bell returns as lead in *The Last Exorcism Part II*

CHRIS
ALEXANDER
Metro World News

In Hollywood, it ain't over until it's over, and when a film tanks at the box office, it most certainly is over.

But Daniel Stamm's 2010 mock dock shocker *The Last Exorcism*, produced by Eli Roth, did not tank theatrically, rather it did very well, transforming its meager budget into big returns. So it made sense to revisit the same pea-soup spewing well, thus we have the awkwardly

titled *The Last Exorcism Part II*, a film that abandons the first picture's shaky-cam esthetic in favour of a straight-forward narrative.

Thankfully, one element that does remain a constant is the ethereal presence of American actress Ashley Bell (*The Day*) as the bedeviled lead.

Bell once more plays Nell, the possessed girl set up by her own kin to birth the Antichrist. The sequel finds her now removed from her oppressively evil rural home and loose in the world, still infected with Satan but this time she kinda likes it.

"Nell has devolved in the sense that we find her broken and in re-exploring her I had to put her back together," Bell told

Metro.

"In those missing pieces, that's where there's room for doubt for the Devil to creep in and wreak havoc. Being suddenly exposed to things that have been forbidden like lipstick, a boyfriend, her first kiss ... it's like there's a love story going on with the Devil, a whole dance that she does with him and it changes her."

The urgency of the original was exemplified in Bell's raw physical performance, one that saw her do all her own eye-popping contortions and spastic back bends. The followup sees her getting even more bent out of shape, to the point that she sustained some legitimate wear and tear.



Ashley Bell says playing Nell in *The Last Exorcism Part II* was a demanding role. HANDOUT

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Shaw)



Taylor Swift ALL PHOTOS GETTY IMAGES

Swift accepts she could be subject of ex's music

Taylor Swift doesn't want to be a hypocrite, so she's fine with any of her more musically inclined ex-boyfriends penning tunes about their relationship with the pop-country crooner. "If I'm going to write songs about my exes,

they can write songs about me," she tells InStyle UK. "That's how it works. I'm not going to complain about it. I'm not going to sit there and say, 'I'm the only one who can write songs about this relationship.' It's fair game."

'You also could say I snorted half of Peru'

Steven Tyler estimates that he has probably snorted \$5 million or \$6 million worth of cocaine during his drug-abusing days, which is a far cry from his estimate of \$20 million in his 2011 memoir. "But it doesn't matter," he tells Australia's 60 Minutes during an interview. "You also could say I snorted half of Peru, but it doesn't matter. You know, it's what we did."



Steven Tyler

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Britney's bodyguard gets a new job and will.i.am gets a new car



STARGAZING
Malene Arpe
scene@metronews.ca

Britney Spears' ex-bodyguard, who once sued her for allegedly harassing him by flashing her lady parts, has become a ghost hunter. I guess nothing can scare him after having seen ... (Nope. No. No, you're not. — ed)

Author Hilary Mantel, who wrote that book about Cromwell you totally pretended to have read three years ago, says that Kate Middleton has a plastic smile, is "dead-eyed" and made for breeding. "Why does some stupid duchess get all the great compliments?" asks a sad Kim Kardashian.

And while on the subject of books you pretend to have read. The BBC is making a six-part series based on War and Peace.

Mila Kunis confirms she'd like to play Anastasia in 50 Shades. The rest of the world confirms that we would like for this annoying casting process to be over.

Robin Williams and Sarah Michelle Gellar will star in a comedy pilot together. It's going to be so funny when Buffy hunts and stakes



will.i.am

Mork ... (Go ahead. Make the joke about Britney. It can't possibly be worse. — ed)

While her injured boyfriend is in pain and bleeding on a stretcher, Paris Hilton poses for a photographer right in front of him. Kris Jenner, Dina Lohan and Joe Simpson ask themselves what they did wrong and what Kathy Hilton did right.

A study suggests that it's better for your health if you just allow yourself to fart whenever you're on a plane. But not if you're sitting next to me.

Russell Brand says that remaking Arthur was a mistake. He finally got around to watching it. Good for him.

Celebrity Math Question: If Brendan Fraser claims that he cannot possibly afford to pay \$900,000 a year in child support and Mary J. Blige has a new \$900,000 lien against her, while will.i.am pays \$900,000 for a custom-made car, why is Kevin Federline sad? Answer: because, no matter how hard he tries, all he can come up with is \$57,000 in unpaid taxes.



Madonna

Madonna photos too hot for Instagram

Madonna's foray into photo-sharing may be short-lived if she doesn't clean up her act.

The singer recently joined Instagram, collecting more than 150,000 followers while posting provocative photos of herself as well as images of flowers, horses and artist Frida Kahlo.

But she's also posted a warning she apparently received from the

folks at Instagram about reviewing the site's community guidelines.

"We value these guidelines and believe that they will help keep Instagram a safe and fun place for everyone," the message reads. "It is important to note that continuing to violate them may result in a disabled account or discontinued access to Instagram without warning."

Twitter



@KChenoweth
Just Said hello to Barbra Streisand. Happy now



@BetteMidler
AN UNDERGROUND GAY LOBBY AT THE VATICAN? AND THEY HAVEN'T CALLED MY AGENT?



@rosemcgowan
I hate everyone. Not you, everyone else.



@Sethrogen
Ah, awards season. Or as I know it, the time of year I learn that I'm too fat for all my suits.



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No gym required

Spot-toning with tots



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Forget the expensive gym if you have kids. There are more specific spot-toning exercises:

- **Toddler squat:** You will spend a torturous amount of time squatting in front of them in order to zip up coats, tie shoes, wipe noses, scrub away crusted-on ketchup, discipline and pull up unintentional low rise pants.

- **Car seat resistance training:** Children will take every opportunity to fight car seat confinement. This is most

effectively achieved by back arching, kicking and arm flailing. It will take all of your strength and toning skills to firmly place the child in the seat while not snapping limbs (theirs).

- **Flying boot maneuver:** Sitting down and gently pulling off muddy boots takes up valuable time in a five-year-old's day. The preferred method is to

stand on one foot, grasp the antique hall table with a sticky hand, and shake the other foot until the boot is sent flying into your new suede jacket. Duct tape boots to your child's pants to avoid strenuous ducking and dodging.

EXCERPTED FROM JOURNEY TO THE DARKSIDE: SUPERMOM GOES HOME BY KATHY BUCKWORTH, KEY PORTER BOOKS, 2007. THIS BOOK WILL BE AVAILABLE ON AUDIBLE.COM ON FEB. 27.

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Switch to less violent TV for better-behaved kids: study

Picking Sesame Street over Power Rangers. Substituting shows the most short-term gains for low-income boys

Teaching parents to switch channels from violent shows to educational TV can improve preschoolers' behaviour, even without getting them to watch less, a study found.

The results were modest and faded over time, but may hold promise for finding ways to help young children avoid aggressive, violent behaviour, the study authors and other doctors said.

"It's not just about turning off the television. It's about changing the channel. What children watch is as important as how much they watch," said lead author Dr. Dimitri Christakis, a pediatrician and researcher at Seattle Children's Research Institute.

The research was to be published online Monday by the journal Pediatrics.

The study involved 565 Seattle parents, who periodically filled out TV-watching



Joe Jensen, 2, watches television as a special treat in the afternoon at his home in Seattle. TED S. WARREN/THE ASSOCIATED PRESS

diaries and questionnaires measuring their child's behaviour.

Half were coached for six months on getting their three-to-five-year-old kids to watch shows like Sesame Street and Dora the Explorer rather than more violent programs like Power Rangers. The results were compared with kids whose parents got advice on healthy eating instead.

At six months, children in both groups showed im-

proved behaviour, but there was a little bit more improvement in the group that was coached on their TV watching.

By one year, there was no meaningful difference between the two groups overall. Low-income boys appeared to get the most short-term benefit.

"That's important because they are at the greatest risk, both for being perpetrators of aggression in real life, but

also being victims of aggression," Christakis said.

Before the study, the children averaged about 1 1/2 hours of TV, video and computer game watching a day, with violent content making up about a quarter of that time. By the end of the study, that increased by up to 10 minutes.

Those in the TV coaching group increased their time with positive shows; the healthy eating group watched

Potential issue

The study has some flaws.

- The parents weren't told the purpose of the study, but the authors concede they probably figured it out and that might have affected the results.

more violent TV.

Nancy Jensen, who took part with her now six-year-old daughter, said the study was a wake-up call.

"I didn't realize how much Elizabeth was watching and how much she was watching on her own," she said.

Jensen said her daughter's behaviour improved after making changes, and she continues to control what Elizabeth and her two-year-old brother, Joe, watch. She also decided to replace most of Elizabeth's TV time with games, art and outdoor fun.

During a recent visit to their Seattle home, the children seemed more interested in playing with blocks and running around outside than watching TV.

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Serve these with soup and salad for a delicious lighter meal, or serve them as a side dish. The cakes can also be sautéed in a non-stick skillet sprayed with cooking oil. Try brown rice for a change, adding more stock if necessary.

1. Preheat the oven to 400 F. Spray a baking sheet with cooking oil.

2. For the rice cakes, bring the stock to a boil in a saucepan. Stir in the wild rice and simmer for 25 minutes. Add white rice, cover, reduce the heat to medium-low and cook for 10 more minutes, or until the rice is tender. Let the rice cool slightly. Drain off any liquid. Rinse with cold water.

3. Combine the cooled rice, garlic, mozzarella and Swiss cheese, green onion, Parmesan cheese, basil and eggs in a bowl. Stir until well mixed. Using a 1/3-cup measure, form the mixture into approximately 10 patties and

Ingredients

Rice Cakes

- 4 cups vegetable or chicken stock
- 1/2 cup wild rice
- 1/2 cup white rice
- 1 tsp minced fresh garlic
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup shredded Swiss cheese
- 1/4 cup chopped green onion
- 2 tbsp grated Parmesan cheese
- 1 tsp dried basil
- 2 eggs

Sauce

- 1/2 cup tomato-based pasta sauce
- 2 tbsp 2 per cent evaporated milk
- 1/4 tsp dried basil

place on the prepared baking sheet. Bake approximately 12 minutes per side, until browned.

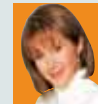
4. For the sauce, heat the tomato sauce, milk and basil in a small saucepan.

5. Serve the rice cakes with the sauce on the side.

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1,730 calories / 63 g fat These are quite the "meat-a-ballas!" Literally a mountain of spaghetti smothered in Bolognese sauce with large meatballs and cheddar cheese. This represents your entire day's calories and three quarters of your daily fat!



Equivalent

Same as having 2 1/2 orders of bruschetta in calories.

Boston Pizza Fettuccini with Bolognese sauce

730 calories / 9 g fat This "make your own" pasta selection is the way to go. You end up with a normal serving size of pasta that will save you at least half the calories and a fraction of the fat.



Add Moroccan flair to vegan curry

Ingredients

- 2 tbsp canola oil
- 1 1/2 cups chopped onions
- 4 cloves garlic, minced
- 2 tbsp curry powder
- 2 tsp ground cinnamon
- 1 tsp ground turmeric
- 1 tsp cayenne pepper
- 1/2 cup vegetable broth or water (approx)
- 1 eggplant, peeled and cut into 3/4-inch cubes
- 2 cups cubed peeled sweet potatoes
- 2 cups chopped carrots
- 1 1/2 cups chopped yellow bell peppers
- 1 1/2 cups chopped red bell peppers
- 1 can chickpeas, drained and rinsed
- 2 cups diced zucchini
- 1/4 cup raisins
- 1 cup unsweetened orange juice
- 1 pkg frozen chopped spinach, thawed and drained
- 2 cups couscous
- 2 cups boiling water
- 1/4 cup sliced almonds
- Grated zest and juice of 1/2 lemon

1. In a Dutch oven, heat oil over medium heat. Sauté onions until softened. Add garlic, curry powder, cinnamon, turmeric and cayenne; sauté for 1 minute.

2. Add broth and deglaze pan, scraping up any brown bits. Add eggplant, sweet potatoes, carrots, yellow peppers and red peppers; sauté for 5 minutes. If vegetables begin to stick to pan, add more broth.

3. Stir in chickpeas, zucchini, raisins and orange juice; bring to a boil. Reduce heat to low,

cover and simmer for 20 minutes or until sweet potatoes are fork-tender. Stir in spinach; cover and simmer for 5 minutes or until heated through.

4. Place couscous in a large shallow bowl. Stir in boiling water. Cover and let stand for 5 minutes or until liquid is absorbed. Fluff with a fork.

5. Spoon vegetable mixture over couscous and garnish with almonds, lemon zest and lemon juice.

THE CANADIAN PRESS/COOK! DIETITIANS OF CANADA (ROBERT ROSE INC., 2011).

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THE IN-CREDIBILITY FACTOR
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Name: Carla Smith
City: Vancouver
Age: 33
Occupation: Architect

Fascinated with the buildings of Vancouver, Carla designed her first dream home when she was 11 years old.

Following her passion for architecture, she was

awarded a full scholarship at the University of Southern California and went on to land her first job in Boston.

Realizing that she missed her family, she moved back to Vancouver in 2007. She currently works at a local firm and says that she's always pushing herself to make a design better because the extra effort makes a huge difference for the client and leads to overall satisfaction with her job.

I knew I was on my way when...

I got my first full-time job in Boston. I was working on a multi-family residential project for a hotshot

developer when two senior architects left the company, leaving me in charge of the project. I was inexperienced and it was "baptism by fire" but I got the job done.

Architecture is a lifelong learning experience and I don't think you ever feel like you've got it. You're always discovering new things with every project you work on. It's never going to get boring and the long hours are worth it in the end.

Action Plan

Don't let your perceived barriers stand in your way. People often say, "I wanted to be an architect but I can't draw," or, "I'm not good at

math". Drawing is a skill that anyone can learn and I never took a single math class in university. You can tailor a career in architecture that fits with your particular skills.

You have to want it.

An architecture education and career are only going to be rewarding for those who have a passion for it.

Bring something fresh.

It's easy to get locked into doing things the way they've always been, but the most memorable and successful designs are those that bring a touch of fun and something unique.



Carla Smith leapt headfirst into a career in architecture. GAILE GUEVARA

Lost your job? How to make a graceful exit

Now what?

A positive outlook can ease the transition

Ylva
VAN BUREN
careerbear.com

If you've just been handed a pink slip and were escorted out the door by your boss, the first thing you should do is take a deep breath and prepare wisely for the next step in your work life. Stefan Danis, chief executive officer at Mandrake, provides this advice and suggests a timeline of one or two months to get started.

1. Be selective about who you speak to right away in your business network. You don't want to be emotional with colleagues. "It's important to first create the right narrative for

what has happened and what is going to happen," Danis says.

2. Take time to regroup. In most cases, it's going to take far longer than you think to get back up and be re-employed, and you will go through stages of anxiety, fear and concern. Take advantage of available EAP assistance or speak to a career counsellor or an executive coach.

3. Set yourself up as a contract worker as soon as possible — if it's appropriate in your industry. "Your focus becomes one of trying to solve a potential organizational need and solving needs is a repeatable activity. If you use your network to look for a job and you're unemployed, you can only go to your network once. It's different if you're a contract worker and can go back a few times and talk about their issues — not yours," says Danis.

4. Prepare your resumé and

line up at least three references including one from your last job. "Hiring organizations want to mitigate the risk of a bad hire. Offering references upfront helps to do this. It's a critical error to be dismissive and cynical when it comes to an end. You want the head of HR to remember what you did while there as opposed to how you left," Danis says, adding that more than three references will be an advantage.

5. Craft your online presence. Set up your own webpage, get onto LinkedIn to grow your network and review and clean up your Facebook account — anyone who interviews you will likely Google you first.

6. Do some self-inquiry work to ensure the path you want to take is not based on an emotional response to what just happened, Danis says. Make sure you're not trying

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- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

to continue on the same path when other options may be better. Think about your values. What makes you happy at work?

When you're in a career transition, this question could help you figure out where you should work and why.



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Ontario's Homan takes home the gold at Scotties

Curling. Manitoba skip Jennifer Jones settles for second at final match in Kingston, Ont.

Ontario's Rachel Homan defeated Manitoba's Jennifer Jones 9-6 on Sunday night to win the gold medal at the Scotties Tournament of Hearts.

It was the first national women's curling title for Homan and her Ottawa Curling Club team of Emma Miskew, Lisa Weagle, Alison Kreviazuk and alternate Stephanie Drew. They will represent Canada at next month's world women's curling championship in Riga, Latvia.

"I can't even comprehend what just happened right now," Homan said. "It's un-

believable."

The Ontario skip hugged her teammates and coach after the victory and was overcome with emotion while speaking to reporters after the win. She had to pause on occasion as tears of joy welled in her eyes.

The partisan crowd at the K-Rock Centre roared its approval in the opening end as Homan jumped out to an early lead. Jones crashed on a guard and Homan made a nice draw to score three.

Jones, a four-time national champion, tied the game at 4-4 with a double in the sixth end, but Homan regained the lead in the seventh.

She cleared two Manitoba stones from the eight-foot with her first shot. Jones was heavy with her final throw, leaving Homan with a draw to score three. The crowd erupted when she nailed it for a 7-4 lead.

Ontario padded its lead with a steal of two after Jones missed a triple takeout attempt in the eighth end.

Earlier in the day, B.C.'s Kelly Scott defeated Team Canada's Heather Nedohein 10-8 to win the bronze medal.

THE CANADIAN PRESS



Ontario skip Rachel Homan, centre, celebrates her team's victory at the Scotties Tournament of Hearts with third Emma Miskew, left, and second Alison Kreviazuk on Sunday at Kingston, Ont's K-Rock Centre. RYAN REMIOWZ/THE CANADIAN PRESS

Quoted

"They played great. They played lights out and they deserved to win today."

Manitoba's Jennifer Jones on Team Ontario

Power play powers Wings past Canucks



Detroit Red Wings centre Henrik Zetterberg, second from right, celebrates his goal with Daniel Cleary, right, and Damien Brunner as Vancouver Canucks defenceman Alexander Edler skates away Sunday in Detroit. DUANE BURLISON/THE ASSOCIATED PRESS

Less than 30 hours after being burdened with a five-game losing skid, the Detroit Red Wings are suddenly headed in the other direction.

Damien Brunner had two goals and two assists, and Joakim Andersson scored twice for the Red Wings in an 8-3 victory over the Vancouver Canucks on Sunday.

The Red Wings ended their losing streak with a 4-0 win over Nashville on Saturday night and then followed it up with a rout of the Canucks.

"This was a tough game. You're playing at 5:00 after

On Sunday

8

Wings

3

Canucks

playing a 7:00 the night before," Detroit coach Mike Babcock said. "It's one on your schedule you look at, you don't know if you'll have an opportunity to win. We feel real fortunate to have gotten back-to-back wins."

Henrik Zetterberg and

Niklas Kronwall had a goal and two assists each, Daniel Cleary added a goal and an assist and Jordin Tootoo also scored for Detroit, which netted three power-play goals in the second period to take the lead.

"Of course the team that didn't play the night before had more energy. It's natural, but you've just got to keep it simple and not get caught out there for a long time," Zetterberg, the Red Wings captain, said. "We did that today and we got some goals on the power play, and that helps."

THE CANADIAN PRESS

NHL

Jets keep rolling on the road

Evander Kane scored a breakaway goal in the second period, and Andrew Ladd added some insurance in the third to lift the Winnipeg Jets over the New Jersey Devils 4-2 on Sunday.

Zach Bogosian scored in the first period, and Grant

Clitsome had a power-play goal in the second for the Jets, who have won three of the first four of a five-game trip that concludes Tuesday in New York against the Rangers. Ondrej Pavelec made 26 saves.

Travis Zajac and Steve Bernier had goals for New Jersey, but the Devils lost their fourth in five games and second at home this season. THE ASSOCIATED PRESS



Winnipeg Jets goalie Ondrej Pavelec on Sunday. GETTY IMAGES

World Baseball Classic

Martin pulls out on Team Canada

Russell Martin won't moonlight at shortstop after all.

Pittsburgh's catcher says he won't play for Team Canada in the World Baseball Classic because Canadian and Pirates officials don't want him to move from his normal position.

THE CANADIAN PRESS

NBA

"Amnesty THAT"

Kobe Bryant's tweet after scoring 38 points against the Dallas Mavericks on Sunday. Mavericks owner Mark



Cuban had suggested in a radio interview the Los Angeles Lakers could reduce their salary-cap tax by dumping Bryant through the amnesty clause. Cuban said before the game he was speaking hypothetically. The Lakers beat the Mavs 103-99.



Lowe's Chevrolet driver Jimmie Johnson celebrates in victory lane after winning the NASCAR Sprint Cup Series Daytona 500 on Sunday in Daytona Beach, Fla.
CHRIS GRAYTHEN/GETTY IMAGES

Johnson returns to form at Daytona 500

NASCAR. Five-time Sprint Cup champ wins in 400th career start to outdo pole-sitter Patrick on historic day for racing

A big first for Danica Patrick, but an even bigger second for Jimmie Johnson.

Patrick made history up front at the Daytona 500 Sunday, only to see Johnson make a late push ahead of her and reclaim his spot at the top of his sport.

It was the second Daytona 500 victory for Johnson, a five-time NASCAR champion who first won the "Great American

Crash concerns

Fans feeling unsafe after the terrifying crash at Daytona International Speedway a day earlier were able to change seats for NASCAR's biggest race on Sunday.

- Workers repaired a section of fence — 54 feet wide and 22 feet high — that was shredded Saturday when Kyle Larson's car went

airborne on the final lap of a second-tier race and crashed through the barrier that separates cars from fans. Large pieces of debris sprayed into the upper and lower section of the stands.

- Saturday's crash injured more than 30 people, raising more questions about fan safety at race tracks.

Race" in 2006.

"There is no other way to start the season than to win the Daytona 500. I'm a very lucky man to have won it twice," said Johnson, who won in his 400th

career start. "I'm very honoured to be on that trophy with all the greats that have ever been in our sport."

It comes a year after Johnson completed only one lap in

the race because of a wreck, and just three months after Johnson lost his bid for a sixth Sprint Cup title to go two years without a championship after winning five straight.

Patrick, the first woman to win the pole, also became the first woman to lead the race. She was running third on the last lap, but faded to eighth at the finish and admitted she'll replay it over in her mind.

"I would imagine pretty much anyone would be kicking themselves about what they coulda, shoulda have done to give themselves an opportunity to win," she said. "I think that's what I was feeling today, was uncertainty as to how I was going to accomplish that."

THE ASSOCIATED PRESS



Ronda Rousey hits Liz Carmouche during their bantamweight fight on Saturday in Anaheim, Calif.
GETTY IMAGES

Rousey lives up to the hype in UFC's first women's bout

Ronda Rousey, the first women's champion in UFC history, said she would not feel like a true title holder until she defended her belt. On Saturday, she did exactly that in emphatic fashion.

After surviving an early scare from spirited challenger Liz Carmouche, Rousey (7-0) latched in her signature technique — the armbar — to score a first-round submission win in the first defence of the title she was granted this past November.

Despite the massive expectations that were placed on her

Machida victorious

In the night's co-headliner, former UFC champion Lyoto Machida (19-3) earned a contentious split-decision win over MMA legend Dan Henderson (29-9).

shoulders entering the contest, Rousey said she felt comfortable throughout the entire experience and looks forward to returning to action in the near future.

"I was actually less nerv-

ous walking out than I was for some of my earlier fights," Rousey said. "I felt like the UFC champion, and I know how hard I am working. This was a wild ride, and I can't wait to get back in the Octagon."

Rousey, a massive favourite in the UFC's first women's bout, found herself in early trouble as Carmouche (7-3) grappled her way to the back position and began to look for a rear-naked choke. The hold looked tight for several moments, but Carmouche couldn't quite get her arm under the neck.

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Bargnani struggling with his game, Raptors faithful

NBA. Longest-serving Raptor feeling the heat from home crowd as he looks to regain form

It's a rather matter-of-fact Andrea Bargnani who stands and answers questions about his treatment by Raptors fans at the Air Canada Centre.

The longest-serving member of the Toronto team has heard the boos in games the past couple of weeks. The derision is not overwhelming, but it's difficult to ignore. And he faces queries head-on.

"I'm not happy about it, obviously, but there's nothing I can do about it," he said after a Sunday workout.

Quoted

"He can control the crowd by his play, his approach, his body language."

Raptors coach Dwane Casey says Andrea Bargnani has a shot at winning fans over.

Golf

Kuchar wins Match Play title

Matt Kuchar finally put Hunter Mahan in a hole and then answered every challenge Sunday to win the Match Play Championship in Marana, Ariz.

Mahan had gone 169 holes over 11 matches without trailing in this wild tournament until Kuchar won the fourth hole of their championship match with a par, and Mahan never caught up. Kuchar took advantage of a series of miscues to build a 4-up lead at the turn, and then held off a noble challenge by the defending champion.

There was never a dull moment on the back nine. Only two holes were halved, and those were with birdies.

But for all the great shots, the match ended when Mahan went from a tough lie in the bunker to a bush in the desert, and it took him four shots to reach the 17th green. Kuchar wound up winning, 2 and 1, when Mahan removed the stocking cap he used to fight the cold desert air and conceded Kuchar a short birdie putt.

It was the first World Golf Championship title for Kuchar, and it follows a year in which he won The Players Championship.

THE ASSOCIATED PRESS

ing I can do about it," he said after a Sunday workout. "There's not much I can do. I have to keep working hard, especially in practice."

Bargnani's treatment at home has taken some of the shine off exemplary play by the Raptors. They've won six of their last seven and sit within four games of the eighth and final Eastern Conference playoff spot.

"We've still got a shot at the playoffs so I've got to try to help as much as I can these last 25, 26 games we have," he said. "Coming from a long injury, I have to find my shape, my rhythm."

Getting Bargnani fully involved offensively would be a significant improvement. Coach Dwane Casey knows he has to get more out of the seven-year veteran.

"There are sets that we're going to run more that feature Andrea," Casey said.

"We just have to get his mojo going. His demeanour is fine (with the team). We just have to get him aggressive offensively."

TORSTAR NEWS SERVICE



Boos have rained down on Toronto Raptor Andrea Bargnani at the Air Canada Centre recently. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	40	14	.741	—
Indiana	35	21	.625	6
New York	33	20	.623	6 1/2
Brooklyn	33	24	.579	8 1/2
Atlanta	31	23	.574	9
Chicago	32	24	.571	9
Boston	29	27	.518	12
Milwaukee	26	28	.481	14
Toronto	23	33	.411	18
Philadelphia	22	32	.407	18
Detroit	22	36	.379	20
Cleveland	18	38	.321	23
Washington	17	37	.315	23
Orlando	15	41	.268	26
Charlotte	13	43	.232	28

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	45	13	.776	—
Oklahoma City	41	15	.732	3
L.A. Clippers	40	18	.690	5
Memphis	37	18	.673	6 1/2
Denver	35	22	.614	9 1/2
Golden State	33	23	.589	11
Utah	31	25	.554	13
Houston	31	27	.534	14
L.A. Lakers	28	29	.491	16 1/2
Portland	26	30	.464	18
Dallas	25	30	.455	18 1/2
Minnesota	20	33	.377	22 1/2
New Orleans	20	37	.351	24 1/2
Sacramento	19	38	.333	25 1/2
Phoenix	18	39	.316	26 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results
L.A. Lakers 103 Dallas 99
Golden State 100 Minnesota 99
Miami 109 Cleveland 105
New Orleans 110 Sacramento 95
Memphis 76 Brooklyn 72
New York 99 Philadelphia 93
San Antonio 97 Phoenix 87
Portland 92 Boston 86
Oklahoma City 102 Chicago 72

Saturday's results
Washington 105 Houston 103
Denver 113 Charlotte 99
Cleveland 118 Orlando 94
Miami 114 Philadelphia 90
Indiana 90 Detroit 72
Atlanta 103 Milwaukee 102
L.A. Clippers 107 Utah 94

Monday's games — All Times Eastern
Washington at Toronto, 7 p.m.
Atlanta at Detroit, 7:30 p.m.
Boston at Utah, 9 p.m.
L.A. Lakers at Denver, 9 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION						
	GP	W	L	OL	GF	GA
Pittsburgh	19	13	6	0	65	48
New Jersey	19	10	5	4	48	49
Philadelphia	20	9	10	1	58	62
NY Rangers	17	8	7	2	41	44
NY Islanders	19	8	10	1	56	64

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA
Montreal	18	12	4	2	52	39
Boston	15	11	2	2	45	34
Ottawa	19	11	6	2	46	36
Toronto	19	11	8	0	53	44
Buffalo	19	6	12	1	48	63

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA
Carolina	17	9	7	1	50	51
Tampa Bay	18	9	8	1	69	58
Winnipeg	18	8	9	1	48	57
Florida	18	5	9	4	42	65
Washington	17	6	10	1	48	55

WESTERN CONFERENCE

CENTRAL DIVISION						
	GP	W	L	OL	GF	GA
Chicago	18	15	0	3	58	35
St. Louis	18	10	6	2	55	52
Detroit	19	9	7	3	57	54
Nashville	19	8	6	5	39	43
Columbus	19	5	12	2	40	56

PACIFIC DIVISION

	GP	W	L	OL	GF	GA
Anaheim	16	13	2	1	57	42
San Jose	17	8	6	3	41	39
Dallas	18	9	8	1	47	48
Phoenix	18	8	7	3	50	49
Los Angeles	16	8	6	2	40	39

WESTERN CONFERENCE

CENTRAL DIVISION						
	GP	W	L	OL	GF	GA
Chicago	18	15	0	3	58	35
St. Louis	18	10	6	2	55	52
Detroit	19	9	7	3	57	54
Nashville	19	8	6	5	39	43
Columbus	19	5	12	2	40	56

PACIFIC DIVISION

	GP	W	L	OL	GF	GA
Anaheim	16	13	2	1	57	42
San Jose	17	8	6	3	41	39
Dallas	18	9	8	1	47	48
Phoenix	18	8	7	3	50	49
Los Angeles	16	8	6	2	40	39

SCORING LEADERS

	G	A	Pt
Stamkos, TBL	12	14	26
Vanek, Buf	12	13	25
Crosby, Phg	7	18	25
Tavares, NYI	12	11	23
Kane, Chi	9	23	23
St. Louis, TBL	4	19	23
Voracek, Phi	7	15	22
Zetterberg, Det	5	17	22
Moulson, NYI	9	12	21
Ribeiro, Wash	6	15	21
Elias, NJ	5	16	21
Malik, Phg	4	17	21
Datsyuk, Det	8	12	20
Kunitz, Phg	7	13	20
Marleau, SJ	12	6	18
Staal, Car	8	10	18
Giroux, Phi	6	12	18
Thornnton, SJ	4	14	18
Neal, Phg	12	5	17
Kovalchuk, NJ	7	10	17
Duchene, Col	6	11	17
Schenn, Phi	6	11	17
Lecavalier, TBL	6	11	17
Gagner, Edm	5	12	17
Sedin, Van	5	12	17
Purcell, TBL	4	13	17
Clarkson, NYI	10	6	16
Ladd, Win	9	7	16
Conacher, TBL	6	10	16
Steen, STL	4	12	16

Not including last night's games



Horoscopes

Aries

March 21 - April 20

Luck comes to those who think they deserve it, so believe you are being looked after by a lucky star and good fortune will most likely smile on you this week. Life doesn't have to be all about doom and gloom.

Taurus

April 21 - May 21

What occurred over the weekend may not have struck you as funny but it should have. What happened to your sense of humor? Or do you only laugh when the joke is on someone else? Lighten up, it's life.

Gemini

May 22 - June 21

Try to be tactful if you have to explain to a friend or work colleague how and why they got something wrong. There is a right way and a wrong way to point out mistakes. Choose the right way.

Cancer

June 22 - July 23

Major changes are on their way. Don't bother trying to fight them. The forces at work are far too strong for you to stand against them. And why would you want to when they are in your favor?

Leo

July 24 - Aug. 23

Even difficult situations should be easy to handle today. However, one thing you need to be aware of is that travel and social plans may be subject to delays. There's not a lot you can do but grin and bear it.

Virgo

Aug. 24 - Sept. 23

It would appear that something has been bubbling away in your subconscious for some time but is now ready to break through and be taken seriously. It will lead to some radical changes in the way you think.

Libra

Sept. 24 - Oct. 23

A new arrival on your social scene is a little bit shy, so put on your best smiley Libra face, take them by the hand and show them around. Before you know it you will be the firmest of friends.

Scorpio

Oct. 24 - Nov. 22

You may be industrious but you cannot possibly do it all on your own. Seeing as how you have so much work to plough through over the next few days, why would you even want to consider it?

Sagittarius

Nov. 23 - Dec. 21

If certain avenues of expression are blocked to you today maybe you should see it as the planets' way of telling you that an alternative route needs to be found. Think for yourself and realize you have so many choices.

Capricorn

Dec. 22 - Jan. 20

There is no point getting emotional about things over which you have no control. There are still many issues you can have a say on and those are the things you must focus on now. Get real and stay real.

Aquarius

Jan. 21 - Feb. 19

If what a friend requests of you is beyond your powers to deliver you must let them know immediately. Don't pretend that you might be able to help them when, deep down, you know it isn't going to happen.

Pisces

Feb. 20 - March 20

The storms clouds of recent weeks have begun to break up and the sunshine is now pouring through. Think positive, act positive and believe that positive things are going to occur over the next few days – and they will.

SALLY BROMPTON

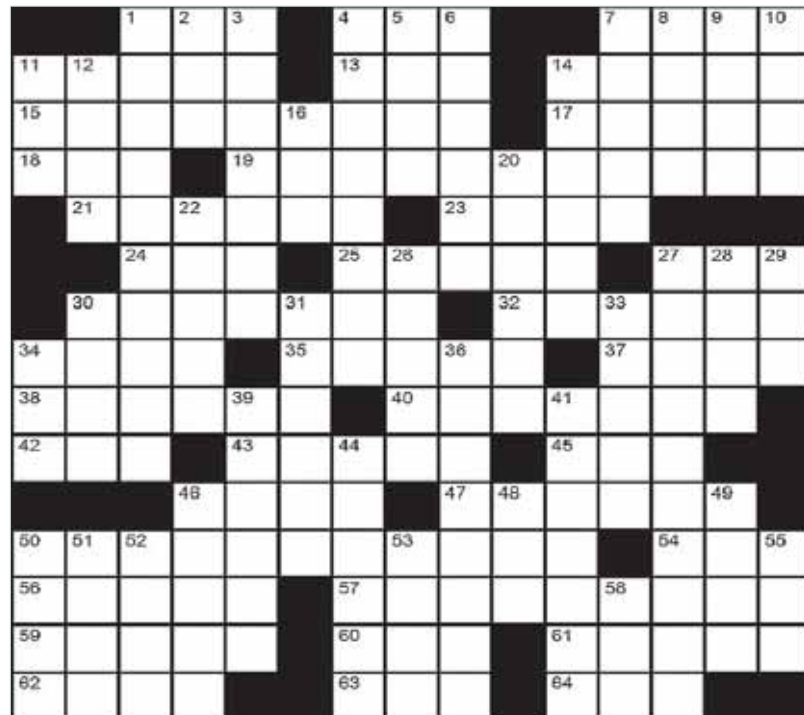
Crossword: Canada Across and Down

Across

- ___ Royal Highness
- Faith, for short
- Niagara-on-the-Lake theatre festival in Ontario
- "It takes ___ tango."
- Ms. Green of "Casino Royale" (2006)
- Winter/Summer Olympian Ms. Hughes
- Deficient in energy
- Keep an ___ mystery
- B-F inbetweeners
- Adjustment back to order
- From longest ago
- Simplicity
- 'Par' add-on (Sitting room)
- Lead/tin alloy
- ___-mo replay
- Seaside
- Credit card user
- Criminal associations
- Breath ___ of relief
- Phoned ___
- Early-1900s art movement
- Paper craft of Japan
- Undercover agent
- Sample food
- Dem's political rival
- Prefix with 'dynamic'
- Sculptor's tool
- Canadian potato chips since 1987: 2 wds.
- Flatline
- Furious
- Winnipeg band, ___ Dum-mies
- Ancient king of Crete
- One: German
- Radiant visions of light
- "This ___ outrage!"
- Web feed syst. for updates
- Climber's li'l conquests

Down

- Hub of activity for guests, bell-hops, checking in, etc.: 2 wds.
- Shakespearean suffix
- Lions as sound-makers
- Boat race meets
- Good vs. ___
- More like a doily
- Gooney gunk
- Rabbit-like animal
- Elvis Presley's middle name at birth
- Float, as a scent
- "No Scrubs" group
- 1995 Montell Jordan hit: "This Is How ___ It"
- "I ___ for Miles" by The Who: 2 wds.
- Hi-___ graphics
- Ben Kingsley title film role
- "___ say, not..."
- Poet T.S. (b.1888 - d.1965)
- Calgary's football team
- Actress Ms. Anderson
- Association, for short
- Sudden political takeover
- Type of soy sauce
- Hillside
- Rap music's Hammer, et al.
- Ancients like Aristotle
- Mr. McQueen's
- Bestselling author John
- Many call it football
- British car, ___ Martin
- She's opposite
- Ms. Kudrow
- Mariah Carey album: 'The Emancipation of ___'
- Goo Goo Dolls hit
- Capital city of Yemen [var. sp.]
- Reality star Ms. Jenner
- Ands: French
- Famed tomb king



Friday's Crossword

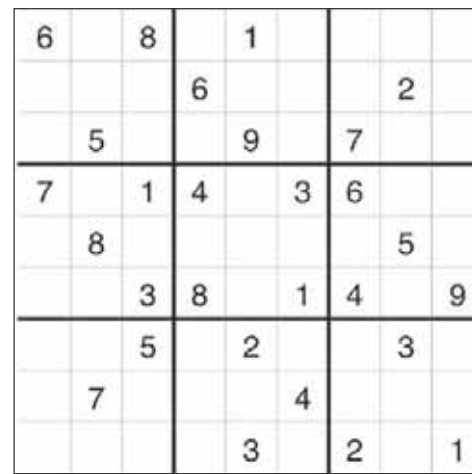


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: 0°
MIN: -4°

TUESDAY



MAX: -5°
MIN: -11°

WEDNESDAY



MAX: -6°
MIN: -11°



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#4808

NEW JEEP PATRIOT NORTH 4x4

Reg: \$29,214 Discount: \$5,224

CLEAROUT: \$23,990

LEASE ME **\$168 B/W** OWN ME **\$140 B/W**



#5999

NEW JEEP GR CHEROKEE LTD EDITION

Reg: \$53,044 Discount: \$10,054

CLEAROUT: \$42,990

LEASE ME **\$266 B/W** OWN ME **\$251 B/W**



#3806

NEW 2012 RAM 1500

Reg: \$28,869 Discount: \$10,879

CLEAROUT: \$17,990

LEASE ME **\$128 B/W** OWN ME **\$105 B/W**



#1057

NEW 2013 DODGE RAM QUAD CAB SLT

Reg: \$46,534 Discount: \$16,544

BUCKETS
and 20s

CLEAROUT: \$29,990

LEASE ME **\$187 B/W** OWN ME **\$176 B/W**



#3389

NEW 2012 RAM 2500 LONGHORN CREW 4x4

Reg: \$63,634 Discount: \$14,644

CLEAROUT: \$48,990

LEASE ME **\$305 B/W** OWN ME **\$288 B/W**



#7081

NEW 2012 DODGE 2500 POWERWAGON 4x4

Reg: \$53,914 Discount: \$12,924

CLEAROUT: \$40,990

LEASE ME **\$264 B/W** OWN ME **\$240 B/W**



#5198

NEW 2012 RAM 3500 LARAMIE CREW CUMMINS 4x4

Reg: \$73,914 Discount: \$18,924

CLEAROUT: \$54,990

LEASE ME **\$348 B/W** OWN ME **\$322 B/W**



#3876

NEW 2012 RAM 3500 CREW SXT 4X4 CUMMINS DUALY

Reg: \$62,834 Discount: \$16,844

CLEAROUT: \$45,990

LEASE ME **\$292 B/W** OWN ME **\$269 B/W**



Mike Tabler



Brad McDonald



Bill Senchuk



Aaren Schroeder



Keith Bedard



Dale Sauer



Ron Blonar



Willy Cudmore



Todd Anstead



Dave Welch



Paul O'Mara



Mauricio Roa



Eddie Yehia



Len Novak